

Group Resource

Sermon Notes – Sunday, April 14, 2013

Message: "Encourage Yourself"

Scripture: Psalms 16:7-11

- I. Life has a way of placing obstacles in our path that can cause us to feel defeated.
During these times, we need to learn how to encourage ourselves in the Lord.
- II. Psalms 16 describes David's confession of faith that he used to encourage himself while going through tough situations.
 - a. In 1 Samuel 30:1-6, David and his men were out to war, when the Amalekites raided Ziklag and took captive the women and everyone else in it. When David and his men reached Ziklag, they were very distressed and some of David's men wanted to stone him because their loved ones had been taken away.
 - a. While David was going through this difficult time, he made it a priority to speak to God. Based on David's example, we can observe four principles of how to encourage ourselves in God while going through difficulties.
- III. 1- Be honest with God + do not dwell on the negative circumstances.
 - a. "The Lord is near to all who call on Him; to all who call on Him in truth." (Psalms 145:18).
 - b. Honesty is a necessary step in receiving healing from God. Even though God knows what we need, honesty increases our faith and trust in Him.
- IV. 2 - Pay attention to who counsels you.
 - a. "I will praise the LORD, who counsels me; even at night my heart instructs me." (Psalms 16:7)
 - b. Although our families and friends can be wonderful resources in times of adversity, we must be careful not to place all of our hope in them. Everybody will disappoint us at some time. Yet, our heavenly Father is always available to counsel us, provide us with strength, and to work on our behalf. (Psalms 73:23-28)
- V. 3 - Stay focused on the Lord.
 - a. I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. (Psalms 16:8)
 - b. By keeping our eyes on the Lord, we avoid getting sidetracked. Focusing on the Lord protects our hearts, our minds and our paths from discouragement.
- VI. 4 - Learn how to praise your way through.
 - a. While you are going through adversity, the best way to encourage yourself is by actively praising God. Your praise breaks through the challenges that you are facing.
 - b. Even when you do not know the full details of your breakthrough, God is still worthy of praise!
- VII. The next time that you feel hopeless, ask God to show you how to be encouraged in Him. Place your faith and trust in the Lord, and discouragement will not gain a foothold in your life.

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Let's Talk Notes – Week of April 14, 2013

Message: "Encourage Yourself"

Scripture: Psalms 16:7-11

- 1) How have the events at the Boston Marathon affected you? How has it challenged your faith? What thoughts/questions are you struggling with?
- 2) As you reflect back on last weekend's sermon, what one principle or insight stands out as being particularly helpful, insightful or difficult to grasp? Were you challenged in any area of your personal walk with God?
- 3) **Read** Psalms 16:1-11. Write down all of the qualities that David says about God. [e.x. You are my Lord (v2); and The Lord provides all things (v2).]
- 4) From your list in Question 3, which of these qualities can you agree with, which of these qualities do you struggle with?
- 5) Are you facing any areas of discouragement, currently? If so, how can you stay focused on the Lord and encourage yourself through the situation. Do you struggle with finding joy?
- 6) Write down a prayer of encouragement to God, in the prayer, include qualities that you know about God similar to how David wrote his Psalm. If you are comfortable, share your prayer with the group.